



COUNTY OF LOS ANGELES DEPARTMENT OF HUMAN RESOURCES

579 KENNETH HAHN HALL OF ADMINISTRATION • LOS ANGELES, CALIFORNIA 90012
(213) 974-2406 FAX (213) 621-0387

To enrich lives through effective and caring service

MICHAEL J. HENRY
DIRECTOR OF PERSONNEL

September 10, 2004

To: All Department Heads

From: Michael J. Henry
Director of Personnel

Subject: **WELLNESS FAIR – WEDNESDAY, SEPTEMBER 29, 2004**
DEPARTMENT OF HEALTH SERVICES

The last Wellness Fair of 2004 will be held on **Wednesday, September 29, between the hours of 10:00 a.m. and 3:00 p.m., in the conference room at the Department of Health Services, located at 5555 Ferguson Drive, Commerce, CA 90022.** Wellness Fairs are sponsored by the joint Labor-Management Advisory Committee on Productivity Enhancement and promote health awareness and well-being. A flyer announcing the Fair is attached.

Wellness Fairs provide free health screenings for diabetes, blood pressure, body composition, skin conditions, hearing, as well as evaluations for ergonomics and grip strength. Massage therapy will also be available. Dental carriers will display interactive materials. Information will be available about the County's Employee Assistance Program (EAP), and EAP staff will be available to answer questions. County-sponsored and County-approved medical and dental carriers including Blue Cross of California, Blue Shield, CIGNA, Kaiser, PacifiCare, Delta Dental, and Safeguard will participate, demonstrating their ongoing commitment to healthier lifestyles for County employees.

We encourage all departments with offices in the area to allow employees to attend during work hours. Wellness Fairs support the County's Strategic Plan Goal #2, Workforce Excellence, by creating a positive work environment and encouraging employee well-being.

MJH:TJH
MH:to

Attachment
c: Each Supervisor
Personnel Officers
Wellness Coordinators

h:\wellness2004 9-29 depthead ltr

WELLNESS FAIR

OPEN TO ALL L.A. COUNTY EMPLOYEES

Wednesday, September 29, 2004
10:00 a.m. – 3:00 p.m.

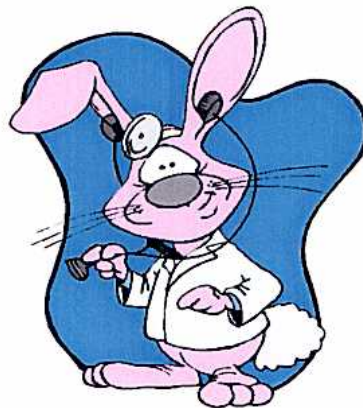
at the

Department of Health Services
5555 Ferguson Drive
Commerce, CA 90022
Conference Room

FREE HEALTH SCREENINGS:

BLOOD PRESSURE * BODY COMPOSITION * DERMASCAN * DIABETES
GRIP TESTING * HEARING

ERGONOMICS AND MUCH MORE!



For more information contact your Department Wellness Coordinator
or

Tami Omoto/**DHR** (213) 738-2266 * Maria Alvarez/**ALADS** (818) 678-0026
Ramon Rubalcava/**SEIU Local 660** (213) 368-8606 * Andrea Porter/**CAPE** (213) 484-0400

Sponsored by:
The Labor-Management Advisory Committee on Productivity Enhancement